



JaxAir News

TOUCHING BASE

Informational open house planned

There will be a construction information open house regarding the U.S. 17 resurfacing and I-295/ Blanding Boulevard ramp improvements July 14 from 4:30 to 7 p.m. at the Orange Park Town Hall located at 2042 Park Avenue.

Florida Department of Transportation engineers will be available to answer questions about these projects. For more information, call 360-5457.

Jaguars tickets on sale soon

Mark your calendar! Jaguars tickets go on sale July 16 from 9-11 a.m. Tickets are \$47.90 for lower level seats. Come out and meet two of The Roar cheerleaders. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8. For more information, call 542-3318.

Workshop for future teachers

From the Navy College Office

On July 17, Ron Burton, program manager for the Florida Troops to Teachers (TTT) office, will be conducting a workshop/ briefing on the Troops to Teacher's Program Thursday, at the base theatre from 10 a.m. to noon. The program, sponsored by the Navy College Office, will cover provision of the TTT legislation, teaching as second career, Florida's recently modified Florida teacher certification requirements and other options of the program.

It is never too early to plan for your second career. If you are approaching retirement from active duty or a Reserve component, or separating after more than six years of service and already have a bachelor's degree, now is the time to consider public school teaching as a career.

Services offered at the workshop include unofficial transcript reviews and assistance in understanding your eligibility for teacher certification. If you have specific questions concerning your eligibility they can be addressed if you bring copies of your college transcripts. If you have questions call the Navy College Office at 542-2475.

Marines come home *Back from duty in Iraq*

By Ryan Adrick
Staff Writer

Family and friends waited anxiously as a chartered flight taxied down the runway of NAS Jax last Thursday.

The flight carrying 154 officers and enlisted Marines of the NAS Jax based Marine 4th Assault Amphibian Battalion (Company B) was met with great excitement, cheers, and even tears as their plane touched down.

Teresa Nicol described how overwhelmed she felt: "I'm so excited to see him come home and nervous at the same time. I have butterflies in my stomach."

"It feels great to be back, and it seems like it's been a year," added Cpl. Raul Rodriguez as he arrived back home.

The Marines stood in formation, restlessly awaiting the final word that they had been waiting months to hear from Company Commander Maj. Rob Nicol, "Dismissed."

Then the Marines rushed to greet their loved ones and enjoy their welcome home.

It had been a long five months for these families, but even longer for these brave Marines.

Known as the "Iron Gators," they were attached to the 1st Marine Division during Operation Iraqi Freedom. Their mission was to land surface assault elements of a landing force and equipment during amphibious operations, as well as providing combat support in operations ashore.

During their deployment, the Iron Gators were among the first units to cross the Tigris and Euphrates Rivers and reach Baghdad. They were involved in combat engage-



A group of Marines disembark their aircraft as they return home to NAS Jacksonville last Thursday.

Photos by Ryan Adrick

ments, in addition to securing Iraqi POWs, securing Baghdad, and providing the Iraqi civilians with food, water and protection.

After accomplishing many important missions, the Iron Gators gave their family and friends another reason to be proud of them: They did not lose a single member of their company.

"I'm glad we brought everyone home," said Pvt. Dustin Marra.

The members of the Marine 4th Assault Amphibian Battalion (Company B) will soon be awarded the National Defense Medal, Armed Forces Reserve Medal, Sea Service Medal, among others.

The 4th Assault Amphibian was originally activated in 1943 at Camp Pendleton, Calif. and later deactivated in 1945. It was activated yet again in 1962 in Tampa, and redesignated in October of 1976 as the 4th Assault Amphibian Battalion, Fleet Marine Force, USMCR.



Having finally returned home, Lance Cpl. Brandon George embraces his girlfriend, Danna Bagett, who awaited his return for months.

For more pictures of the Marines returning, see Page 12.

Fitness Center holds grand re-opening

By Kaylee LaRocque
Staff Writer

After several months of renovations, a grand re-opening ceremony was held Monday to celebrate the million-dollar project to completely revamp and upgrade the MWR Fitness Center here.

With the final phase consisting of a huge 3,000-square foot addition to accommodate the free-weight room, the Fitness Center features a state-of-the-art facility to meet everyone's fitness needs.

The Fitness Center closed its doors last November for the project and patrons were asked to use the NAS Jax Base Gym facilities. Since that time, almost everything in the entire Fitness Center building was renovated. From the floors to the ceilings, everything has been given a new look. The most recent phase, an addition to the back of the building, now houses the new free weight room.

"We've brought everything back over from the gym and then some. We've added new benches and not have a separate sit-up area. We have gained a tremendous amount of space. It's going to make it a lot safer to work out and it's a much better environment for our patrons," explained Barbara Millhollan, Fitness Center director.

"We're also adding mirrors and have a great sound system. On our cardio side of the house, we've installed nine televisions. Our patrons can bring headphones or buy them at our front desk and plug in to



Photo by Kaylee LaRocque

A ribbon-cutting ceremony was held Monday afternoon to officially re-open the MWR Fitness Center and new free weight area after a six-month renovation. Front row, from left: Lt. Cmdr. Ron Nunes, Resident Officer-in-Charge of Construction (ROICC); Capt. Charlie Khan, PWC Jax commanding officer; Lynn Dickinson, NAS Jax Facilities manager; Capt. Mark Boensel, NAS Jax commanding officer; Iris Pabon, Fitness Center patron; Brenda Schwellung, ROICC office. Back row from left: Mark Craig, MWR Facilities maintenance manager; Neal Donley, quality control manager for Ellis Environmental Group and Barbara Millhollan, Fitness Center director.

the cardio theater on any piece of equipment. It's just another way to get some more enjoyment while exercising," she added excitedly.

Other new features at the center include a new locker rooms, air conditioning and heating unit, sprinkler system, an expanded aerobics room, a control center for fitness instructors,

new office spaces, a massage room and laundry room.

The project was designed by Reynolds, Smith and Hills and constructed by the Ellis Environmental Group, both of Jacksonville.

"The Ellis Group was outstanding. I

See FITNESS CENTER, Page 11

INSIDE

| | |
|--------------------------|----|
| Classified | 17 |
| Community Calendar | 14 |
| Hey, MoneyMan! | 2 |
| Jax Sports | 16 |
| Jax Tales | 16 |
| Meet a Civilian | 2 |
| Meet a Sailor | 2 |
| MWR Notes | 15 |

WEEKEND WEATHER



FRIDAY 78/95
ISOLATED



SATURDAY 75/88
ISOLATED



SUNDAY 76/89
ISOLATED

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Web site:
<https://www.nlmof.navy.mil>

HRO News

New Thrift Savings recordkeeping system operational

From HRO

The Federal Retirement Thrift Investment Board has announced that its new daily valued Thrift Savings Plan (TSP) recordkeeping system is currently in production. One of the features of the new system is that interfund transfers are processed every business day.

There is no longer a mid-month deadline for submitting interfund transfer requests. The new system is share-based that includes the share prices for the funds on the day the interfund transfer was processed, as well as your dollar and share balances before and after the transfer.

Account histories for more than three million TSP participants have been migrated to the new database. New contributions and loan payments made via payroll deduction since the beginning of June have been accepted, invested, and recorded in the new system. Other functions such as inter-

fund transfers and the disbursements of loans and withdrawals will now be performed in the new environment.

TSP Executive Director Gary Amelio noted that the new system compares very favorably to what private sector offers to their participants.

"The daily valuation, timely processing of interfund transfers, loans, and withdrawals, and efficient Web-based functionalities available in this system rank with the best of what other plans have to offer," Amelio stated. "When combined with the historically low TSP administrative expenses, those who voluntarily participate in the plan will get the best of both worlds."

Civilian employees in all three branches of government as well as members of the uniformed services are eligible to participate in the plan. As of May 31, balances in the five-TSP investment funds available to the 3.1-million Plan participants totaled \$112 billion.

For the vast majority of employees, the new system simply means that the next time they want to request loans, or initiate interfund transfers or withdrawals, they will have additional options and use new forms or the Web-based application processes. Requests will be processed each business day rather than once each month as has occurred in the past.

Those participants who have requested loans or withdrawals since June 1 will need to renew their applications using the new methods. Participants who use the Web-based application processes and receive payments via electronic funds transfer may still receive their payments sooner than they would have received them under the old system.

Those who wish to promptly renew their requests may instead go to the TSP Web site at www.tsp.gov for information on how to act now and file their loan or withdrawal requests using the new processes.

ON THE HOMEFRONT

Post-deployment laundry - doing battle with JP-5

By Sarah Smiley
Special Contributor

I have a strong dislike for ship clothes, which is the term I use to describe any article of clothing that has the last four digits of someone's social security number penned on the bottom.

For one thing, the smell of JP-5 (aviation fuel) never really goes away, no matter how many times you run the washing machine. And secondly, there is no such thing as white ship clothes; what goes to the boat white, comes back gray.

So, I developed a system for separating my husband's ship clothes from his home clothes. I set aside a bag (a zippered one, lest the rest of our clothing be contaminated by the JP-5 smell) in our closet for all his apparel that returned from the ship.

In his dresser drawer was kept the fresh new white socks, underwear and T-shirts (home clothes). I even went so far as to make him keep all his sea bags in the garage after a detachment, until the clothes could be properly sanitized with sprinkles of air freshener.

What began as one zippered bag of ship clothes in the closet, slowly multiplied into two bags, then three bags. Like an insect problem rapidly growing out of control, I felt as if our closet was being overrun by plastic bags of quarantined smelly, gray clothes.

But my system seemed to be working alright. Until one day when we were heading out to lunch together. I noticed a suspicious black marking on the hem of my husband's shirt tail. My face tensed, my heart pounded. Could it be? Have the ship clothes escaped? I thought.

Yes, upon further inspection I saw that my husband was in fact wearing an illegal cruise T-shirt.

"Where did you get that?" I asked.

"From one of the plastic bags in the closet," he answered.

"Do you know what you've done?" I said. "You've unleashed the ship clothes. JP-5 may be infecting all our clothing as we speak!"

My husband accused me of being ridiculous (he had grown immune to the smell of JP-5), and for the next several weeks, we fought

stubbornly each time I saw him wearing another piece of garment from the zippered bags. The problem was growing out of control. Soon my husband was only wearing ship clothes.

When I was folding laundry, I noticed that even the fresh home clothes now had his social security number on the bottom. The home clothes had been overtaken, and I was defeated.

"But I'm on the ship more than I am home," my husband explained, "I need clothes out there."

My heart skipped. He was right. In the two and a half years we've lived in Jacksonville, he has only been home for approximately one-third of the time.

He wears his cruise attire far more often than he wears his home one. And apparently, his stash of home clothes had become the source with which he was replenishing his cruise wardrobe.

Nearing the end of my husband's tour here in Jacksonville, I am finally without ship clothes. The quarantine bags are gone and the sea bags are packed away. I feel such victory. And yet, occasion-

ally, when I walk in the closet I feel as if I can still smell the faintest scent of JP-5 lurking there.

And isn't that just like the Navy? Even when the cruise clothes are gone and the Sailors are home, there is always the subtle reminder of times spent apart and the threat of ones to come.

The ghost of JP-5 that lurks in my closet represents to me all the missed birthdays and anniversaries and holidays. It reminds me of my son learning to crawl without his daddy, and makes me wonder if he will be there for the first day of kindergarten or the first school play.

I realize now that it wasn't really the cruise clothes I was doing battle with, but rather the thought of so much time spent alone, and the fact that my husband had to have any clothes that weren't home clothes anyway.

But it is these reminders and the memory of gray T-shirts with numbers on the hem that make Navy families so good at living in the moment, being thankful for what we have, and bracing ourselves for tomorrow.

HEY, MONEYMAN!

Hey, Money Man!

I am trying to plan for the future but I am not sure if I am doing the right things. How do I know if I am saving enough for retirement? What else should I be doing? Got any ideas?

MoneyMan Sez:

Well, you are already ahead of a lot of folks simply because you are thinking about it. Too many of us never plan and are surprised when financial security doesn't just automatically happen. USAA offers this "pop quiz" which may help you determine if you are on track. How many of the following statements apply to you?

- I pay my bills on time each month.
- I have three to six

months of living expenses saved for an emergency.

- I pay by credit card
- I have had a financial plan prepared for me.

- I know my net worth.
- I am aware of most of the tax savings opportunities available to me.
- I have an up-to-date will.

And I will add another one:

- I save or invest money every month.

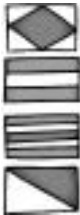
If all of these statements apply to you, congratulations! You are on-track. If not, get going and fix those which do not apply!

More questions? Call **Hey, MoneyMan! at 778-0353.**

Flags needed for command wall

The MWR Fitness Center would like to invite all NAS Jacksonville commands to take ownership in the "new" center by donating a two- by three-foot flag with command logos to the hang on their command wall.

A special hanging ceremony will be held once the center receives these flags. For more information, call Barbara Millhollan at 542-3518.



Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

Saturday - 5 p.m. - Catholic Mass

Sunday - 8:30 a.m. - Holy Eucharist Episcopal
9:30 a.m. - Catholic Mass
11 a.m. - Protestant Worship
6:30 p.m. - Contemporary Service
"The Leading Edge," Hangar 749 at the Base Chapel Center.

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and **Catholic CCD** is 10:45 a.m.-12:15 p.m.



Meet A Sailor...

EM2(SW/AW) CHARLES PEREZ

Job title/command:
NAS Jax Air Ops

Hometown: Miami

Family Life: Married with two children.

Past Duty Stations: USS John F. Kennedy

Career Plans: To stay Navy.

Most Interesting Experience:
Transferring here.

Words of Wisdom: Do what you're told.



Meet A Civilian...

RYAN ADRICK

Job title/command:
Intern at Jax Air News

Hometown: Jacksonville

Family Life: With girlfriend for four years.

Past Duty Stations: NAS Jax, NAS Miramar, Calif., NS Newport, R.I., NS Key West, Fla. (with my family)

Career Plans: To graduate from Jacksonville University and get a government job.

Most Interesting Experience: Having been a Navy brat living in different cities and meeting many people.

Words of Wisdom: "The best thing about the future is that it comes only one day at a time." - Abraham Lincoln.

Medical Town Hall meeting slated

Naval Hospital Jacksonville will host a Medical Town Hall Meeting, 2 p.m., July 16, in the Naval Hospital Galley. The hospital is located at 2080 Child Street on NAS Jacksonville.

The Town Hall Meeting is an opportunity for hospital staff to update patients on military health care and to receive comments and suggestions. Featured at this meeting is information on the new Satellite Pharmacy being built in the NAS Jacksonville Navy Exchange parking lot. Participants can also meet Naval Hospital Jacksonville's new Commanding Officer Capt. John Sentell and discuss with him his vision of how family-centered healthcare will be delivered during his tenure.

For more information, contact the hospital's Customer Satisfaction Office, 542-9175.

Jax Air News

NAS Jacksonville Commanding OfficerCapt. Mark S. Boensel
Public Affairs OfficerCharles P. "Pat" Dooling
Deputy Public Affairs OfficerMiriam A. Lareau
U.S. Naval Air Station, Jacksonville Editorial Staff
EditorMiriam S. Gallet
Assistant EditorJO1 Mike Jones
Staff WriterJO2(SCW) Eric Clay
Civilian Staff

ManagerEllen S. Rykert
Staff WriterKaylee LaRocque
Design/LayoutGeorge Atchley

The **Jax Air News** is an authorized publication for members of the Military Services. Contents of the **Jax Air News** do not necessarily reflect the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or The Florida Times-Union, of the products and services advertised. Everything advertised in the publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or refraction of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The **Jax Air News** can be reached at (904) 542-8053 or by fax at (904) 542-1534 or write the **Jax Air News**, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

The **Jax Air News** is published by The Florida Times-Union, a private firm in no way connected with the U. S. Navy under exclusive written agreement with the U. S. Naval Air Station, Jacksonville, Florida. It is published every Thursday by The Florida Times-Union, whose offices are at 1 Riverside Ave., Jacksonville, FL 32202. Estimated readership over 32,000. Distribution by The Florida Times-Union.

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to:

Jax Air News

Ellen S. Rykert, Military Publications Manager
1 Riverside Avenue • Jacksonville, FL 32202
904-359-4168

Linda Edenfield, Advertising Sales Manager • 904-359-4336
Beeper: 904-306-3853 or 888-980-3874 • FAX: 904-366-6230

CNRSE chief of staff bids farewell after 29 years of service

By JO1 Mike Jones
Assistant Editor

“I always knew that I wanted to go to sea. I loved being around boats, working in boat yards, and sailing,” remarked Commander, Navy Region Southeast Chief of Staff Capt. Hardy Kircher, who’s set to retire from the Navy at a ceremony next Thursday after 29 years of active naval service.

For the Sparta, N.J. native, son of Hardy and Blanche Kircher, a career in the Navy meant continuing the family tradition of service set by his father and grandfather.

“I had a picture of a steamship on my bedroom wall that my grandfather had given me,” Kircher recalled. “It was really an easy choice. It started when I was about four years old. I also had a Golden Book about airports, and the last page was of a helicopter hovering next to a control

tower. From that point on, I thought, ‘Boy, I would really like to learn to do that.’”

Following his graduation in 1970 from Sparta High School, and later from Tennessee Wesleyan College, Kircher received his commission as a Naval Officer through the Aviation Reserve Officer Candidate (AVROC) program in August 1974 and was designated a Naval Aviator in August 1975.

In April 1976, upon completion of readiness training in the SH-3H at Helicopter Antisubmarine Squadron (HS) 1, he reported to HS-15 embarked in USS America (CV 66).

“That was my first experience seeing the world,” he mentioned. “It was really unique to see how the rest of the world lived compared to how we had it here in the states at the time.”

In July 1978, Kircher reported to Training Squadron (VT) 27 as an instructor pilot flying the T-



Capt. Hardy Kircher

28 “Trojan.” His next assignment was with the “Night Owls” of VT-31 as the T-44 Model Manager and Naval Air Training and Operating Procedures Standardization (NATOPS) evaluator.

Kircher returned to sea duty as navigator aboard USS Tarawa (LHA 1). After

completing a Western Pacific deployment and contingency operations with the multi-national peace keeping force in Beirut, Lebanon, he was assigned as an instructor pilot with HS-10 at North Island, Calif.

In 1986, he transferred to HS-12 as the maintenance officer and completed several Western Pacific deployments while embarked in USS Midway (CV 41).

In February 1989, Kircher reported to the Office of the Chief of Naval Operations, Officer Plans and Policy where he served as the head of Officer Promotion Plans (OP-130F).

After a brief period of refresher training in HS-1, he reported as executive officer of HS-5 in February 1991 and assumed command of the “Nightdippers” in May 1992.

In November 1993, he reported to the Naval War College at Newport, R.I.

and received a Masters Degree in National Security and Strategic Studies. After preparatory schools, Kircher reported as executive officer of USS Independence (CV 62) forward deployed in Yokosuka, Japan in May of 1995.

In January 1998, Kircher assumed command of Helicopter Anti-Submarine Wing, U. S. Atlantic Fleet, and in March 2000 he reported as chief of staff for Navy Region Southeast.

Kircher has accumulated more than 4,700 flight hours in various military aircraft.

For Kircher, success in his career was constantly redefined as he reached new milestones.

“When I was a brand new aviator, I really didn’t think much about becoming a captain,” he explained. “I thought at the time, I would achieve the rank of lieutenant and that would be it.”

As the tours and respon-

sibilities increased, Kircher explained the burdens and influences carried by commanding officers (CO) became clearer.

“You can walk into any squadron or onto any ship and within 10 minutes learn the personality of the commanding officer without meeting that CO,” he said. “You know you’ve walked into a great squadron after talking to a half-dozen Sailors there.”

For Kircher, it’s the quality of people he’s been able to work with that’s truly made his service rewarding. “I’ve been very fortunate to work with some high-caliber folks here in the Southeast Region,” he said. “I’m going to miss serving in the Navy and serving with these folks.”

He is married to retired Cmdr. Karen Kircher. They have one son, Hartmann and reside in Orange Park.



Members of VP-16 visit Mary Norton and her dog, Donner, both displaying their new “War Eagle” T-shirts.

Photo by JO2(SW) Cliff Williams

‘War Eagles’ visit hospitalized children

By JO2 (SW) Cliff Williams
CNRSE Public Affairs

It was a joyous time for the children at Wolfson Children’s Hospital, located in downtown Jacksonville for two days when Sailors and officers from the VP-16 “War Eagles” visited the children at the hospital. The group arrived with “Welcome Wagon” filled with War Eagle T-shirts and hats to give to the children and parents at the hospital.

From the moment the squadron members walked through the doors, children and parents alike were in awe, seeing the defenders of our county up close and personal. “I think it was just great,” said Nora Norton, whose daughter Katlyn was hospitalized for almost a week. “Just being able to talk to them, having my daughter have a smile on her face, it just makes you appreciate what they do even more.”

With VP-16 recently returning from deployment, anticipating another deployment in February, and spending many long hours maintaining warfighter readiness, time is a valuable commodity for everyone from the commanding officer to newest member of the squadron. Nevertheless, the

land-based, long-range, anti-submarine warfare squadron has been very active in volunteering their precious free time for the community.

“I think it shows the spirit of the squadron and the big hearts of the Sailors and officers,” bragged VP-16 Executive Officer, Cmdr. Chuck Hollingsworth. “To give a little bit of themselves to the kids, makes me very proud of our squadron.”

“The patients have many strangers entering their room each day, so many of them may be hesitant to see a new face enter, but when the patients saw the men and women wearing Navy uniforms, their fears seemed to diminish,” said Rebecca Maddox, the child life specialist for the adolescents.

“They recognized that these men and women were there to offer a smile, kind word and even a gift. Their faces lit up when they entered their room, those who were sleeping or having a procedure during the visit had a wonderful surprise left on their bed. Later in the day many of the children could be seen day wearing their hats and shirts with pride,” she added.



Photo by PH3 Clark Desire

Representatives from 55 commands aboard NAS Jax were recently recognized for raising \$288,301.35 for the Navy/Marine Corps Relief Society during the annual 2003 fund drive during a ceremony at the River Cove Officer's Club.

NAS Sailors are ‘superstars,’ raise \$288,000 for NMCRS

By Miriam S. Gallet
Editor

“This is the second year in a row that NAS Jax takes and exceeds the command's goal. The average per person donation was \$30 or 67 percent higher than the national per person ration,” said Navy-Marine Corps Relief Society (NMCRS) Jacksonville Director Dave Faraldo. “The NAS Sailors are the superstars,” he exclaimed during a recent awards ceremony aboard the base.

NAS Jacksonville concluded its annual NMCRS fund-raiser last month and when donations were tallied, NAS Jax and its tenant commands had raised \$288,301.35, which exceeded this year's goal by 35 percent.

Rear Adm. Annette E. Brown, commander, Navy Region Southeast, presented this year's NMCRS fund drive command representatives with Navy and Marine Corps Achievement Medals and Letters of Commendation for a job well-done at a ceremony held last month at the River Cove Officer's Club. “The fund drive exceeded expectations because of your hard-work and commitment and I thank you,” said Brown.

NMCRS fund-drive coordinator, Lt. j.g. Mike Winn, food services officer at the NAS Jax Galley explained that the objective of this year's drive was to have 100 percent contact with every Sailor and DoD employee aboard NAS. “The goal for this year's fund drive was to make contact with person assigned to NAS Jax, and we did it,” said Winn enthusiastically.

According to Faraldo, last year the society assisted more than 50,000 people worldwide with funds totaling more than \$40 million. So far this year, the Jacksonville office has handled approximately 220 cases a month and has disbursed \$521,000 in assistance to active duty service members and their families with emergency expenses.

Founded in 1904, NMCRS is a nonprofit charitable organization that supports the active and retired communities of the naval service in everything from budgeting to unforeseen emergencies. It is sponsored by the Department of the Navy and operates nearly 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world. President Theodore Roosevelt authorized the founding of the NMCRS in 1904, when the proceeds from the 1903 Army-Navy football game were donated to the widows of Sailors and Soldiers.

The Society was incorporated in the District of Columbia and has its headquarters in Arlington, Va.

The following personnel were recently awarded Navy and Marine Corps Achievement Medals for the participation in this year's Navy and Marine Corps Relief Society Fund Drive:

ACC(AW/SW) Richard Mooney, Region Coordinator

PRC(AW/SW) Elwood Ayres, AIMD

1st Sgt. Steven Garcia, Blount Island Command

YN2(AW) Clifford Adams, CNRSE

SK1(SW) Yvette Harrison, FACSFAC

SK1(AW) Lewis Harris, NAMTRAU

Lt. j.g. LaShelle Hamilton, Naval Hospital Jax

HMC Omar Carmillo, Naval Hospital Jax

SH1(SW/AW) Tia Williams, Naval Hospital Jax

MA2(AW/SW) Heather Kilday, Naval Hospital Jax

MS2 Willis Finch III, Naval Hospital Jax

ET2(SW) Jeremy Britt, Naval Hospital Jax

HM1 Wyeth Daniel, Naval Hospital Jax

ET1 William Senior, NAVCOMTELSTA

AE1(AW) Christopher Conely, CHWSL

Lt. j.g. Jay Vignola, VP Coordinator

Lt. Michael Walsh, VP-30

Lt. Michael Thompson, VP-30

Lt. Rafael Facundo, VP-5

Lt. Amanda Seidel, VP-16

DC1(SW/AW) Jeffrey Stevens, HS-7

Lt. j.g. Jerin Jame, VS-22

Lt. j.g. Jonathan Fay, VS-24

Lt. j.g. Edward Watkins, VS-32

SK1 Willie Woods, ASD

The following people received Letters of Commendation:

AC1(AW) Douglass Melberg, Air Ops

YN1(AW) Timothy Smalley, Admin

SK1(AW) John Cone, Security

SH1(SW) David Miller, Supply

AO1(AW/SW) Richard Holmes, Weapons

JOC Paul Johnson, NAVAIRES

SK1(SW) Douglass Barth, NADEP

PN2(SW) Kerri-Ann Burke, PSD/PSA

AZ1(AW/SW) Angel Marti, Calibration Lab

Lt. j.g. Michael Keaveny, HS-3

OS1(SW) Rodney Booker, CPRW-11

ATC(AW) Kenneth Howard, VP-5

AE1 Timothy Clark, VP-5

AWC(AW/NAC) Toby Everwitt, VP-16

Lt. j.g. Brett McDaniel, VS-31

AW1 Scott Farmer, FASO

YN1(SW/AW) Anna Woodson, NMC Reserve

IT2(SW/AW) Marisol Serrano, REDCOM SE

AM1(AW) Gerard Bonzo, CSCWL

PR1(AW/SW) Claxton Haggard, SCWS

AW2(AW/SW/NAC) Joshua Turnage, CV-TSC

HS-7 to hold change of command

From HS-7

Cmdr. Kevin Kenney will be relieved by Cmdr. Douglas Cuthbert during a Change of Command ceremony tomorrow at 10 a.m. at the HS-7 hangar. The guest speaker will be Capt. Kevin Lynch, commander, Helicopter Anti-Submarine Wing, U.S. Atlantic Fleet.

New NMCRS president selected

From Navy Marine Corps Relief Society Public Affairs

Chief of Naval Operations Adm. Vern Clark, chairperson, Navy Marine Corps Relief Society's Board of Directors, announced the selection of retired Adm. Charles S. (Steven) Abbot as the Navy Marine Corps Relief Society's 23rd president.

Abbot is expected to take the helm from outgoing president, retired Adm. Jerome L. Johnson, in late July.

Born in Pensacola, Fla., Abbot graduated from the U.S. Naval Academy in 1966 and earned an M.A. (Politics, Philosophy and Economics) degree from the University of Oxford (Rhodes Scholar).

A career naval aviator, Abbot commanded a carrier-based squadron and served as a test pilot for the F/A-18 Hornet and other aircraft. He commanded the aircraft carrier

USS Theodore Roosevelt (CVN 71) from 1990 to 1992, a period that included the Persian Gulf War. He subsequently commanded Roosevelt Carrier Battle Group and served as commander, Sixth Fleet.

His significant shore assignments included deputy director of operations, Chairman of the Joint Chiefs of Staff, and deputy commander-in-chief, U.S. European Command. Most recently, he served as the president's deputy Homeland Security advisor in the White House.

Abbot said, upon learning of his selection, “It is a great honor and privilege to be asked to lead the Navy Marine Corps Relief Society, its wonderful volunteers and permanent staff, in the service of our Sailors and Marines and their families.”

Johnson has served as the Society's president and chief executive officer since October 1994.

Preventing injuries: Lawn mower safety

By Lt. Sarah Goldman
Occupational Therapist

Now that the summer is in full swing, numerous patients are treated in the emergency room with hand injuries associated with various recreational activities.

Many hand injuries result in cuts and lacerations from gardening or workshop projects, fishhook or knife injuries from camping, and severe injuries from lawn mower accidents. U.S. Consumer Product Safety Commission (CPSC) data shows that each year about 400,000 people are treated in hospital emergency rooms for injuries from lawn tools. Children under the age of 14 and adults over the age of 44 are the most prone to injury. The following are some simple lawn mower safety tips to minimize the risk of injury.

Be sure to review the operator's manual. You should become familiar with the lawn mower's safety features, including how to stop the mower in case of an emergency.

Keep all safety shields and mower shut-off mechanisms in place. Removal of these devices might seem to simplify things, but it can be extremely hazardous.

Never attempt to unclog a discharge chute while the mower is running. Always stop the mower's engine before attempting to clear any grass clippings from the chute. Remember that the mower's blade is still very sharp, even when it is not turning.

After stopping the engine, always use a stick or tool to clean out the discharge chute, and NEVER use your hand.

Remove all objects from

the area that can cause injury, such as sticks, glass, metal, wire, and stones.

Keep an eye on any children or pets playing in the area. A potential danger is that they may be struck with flying objects that are thrown from the mower.

Be careful when moving around large shrubs or trees with limbs hanging at eye level. It is always a good idea to wear eye and ear protection while mowing.

Never leave a running

lawn mower unattended.

The Naval Hospital Jacksonville Occupational Therapy and Hand Clinic team hope that these guidelines will be a helpful resource to you for the rest of the mowing season.

We suggest that you spend a few minutes instructing your children about mowing safety. This time will be worthwhile for your family, and may prevent an accident from occurring. Have a safe rest of the summer.

Naval Hospital Jacksonville
First and Family First

Your Doctor Is In!

Concerned about the availability of healthcare? Not to worry! Naval Hospital Jacksonville and TRICARE are here for you. From Family Practice to Surgery. OB/GYN to the Emergency Room, our staff continues to deliver the best family centered healthcare available.

For information on Naval Hospital Jacksonville services, call the Customer Satisfaction Office, (904) 542-9175 or visit navalhospitaljax.com

Happy Birthday, Naval Hospital Jacksonville

Sixty-two-year history includes a lot of pride

By Capt. Jeffrey Sandler

This month, Naval Hospital Jacksonville celebrates its 62nd birthday. While we see it as a modern, eight-story hospital with air conditioning and computers, it was not always this way.

Early in 1941, when NAS Jacksonville was rapidly expanding, it became apparent that this base would need more than a dispensary (construction started on dispensary October 1940). President Franklin D. Roosevelt backed this project and Congress appropriated the funding.

The site selected was 83.5 acres of land on the west bank of the St. Johns River. During the first half of 1941, the administration building was built, followed by wards, several wards. Food service was added with wards B-1, and B-2. The parts of the hospital were laced together with wooden ramps and corridors. The concrete nurse's quarters (now Bldg 2005) and the Hospital Corps Quarters were built in 1942.

Commissioning of the hospital occurred on the July 1, 1941, under the command of Capt. Lester Pratt MC USN.

Only 41 patients were being treated at the onset. However, with the declaration of war in December 1941, the hospital rapidly doubled in size. The average daily census during the war was 1,072. After the war, the hospital downsized to 180 beds (February 1950) with 10 partially operating wards. During the Korean War, the capacity increased from 250 to 750 beds.

The hospital then was far different then it is now. The wards were long and lacked privacy. Going from ward to operating room or to clinics meant being exposed to the weather outside. Patients would sit in the hallway waiting to see the physician. In addition, the wards were very cold in the winter and even more miserable in the summer with the heat and bugs! Dr. Fred Berley (Adm. USN ret) remembers trying to stay cool and sterile while operating during a big abdomi-



U.S. Navy Photo

A patient is evacuated during Hurricane Donna in September 1960.

nal case in 1955.

The other problem with the old hospital was safety. The old hospital was constructed of wood and painted a camouflage color. Fire and weather were always a major concern.

The temporary WWII barracks were nearly destroyed during Hurricane Donna (Sept. 9, 1960). During periods of heavy rain, wind and darkness, many patients, including critically ill, were moved to the enlisted quarters and nurse's quarters since they were built of concrete.

However, they were not set up for such duty. At 2400 hours (midnight), with the wind howling and the rain pouring, the power failed requiring the use of kerosene lanterns, making patient care even more treacherous. In another part of the old hospital, a Corps WAVE was being examined by the Chief of Surgery for an abscess post appendectomy. It was determined that she had to return to the operating room to drain the abscess. When the power failed, so did the back up lights! For a full five minutes, the surgeon explored and drained the abscess in pitch darkness. Fortunately, the battery lights came on in time for closure and she did well.

Overall, the hospital received only minor damage and the patients did well without any serious problems. However, it could

have been a tragedy if hurricane winds had blown the many large trees or transformers onto the wooden wards.

The seriousness of the fire hazard was, fortunately, only fully realized when several months after moving into the new building, the old building caught fire and burned to the ground.

Despite the physical limitations, the old hospital provided a significant amount of care. Almost three years before the new hospital opened, this hospital on its 25th anniversary, reported statistics of 215,000 patients cared for, 29,350 babies born, and an average daily census of 375.

The pharmacy compounded almost 1,500 compounds and filled more than 900 outpatient prescriptions daily in addition to filling medications for 20 wards. Annually, almost 49,000 films were exposed and 1,900 surgeries performed.

What was particularly amazing about this, was the operating budget that year was only \$2.2 million and staffing consisted of 382 military and 170 civilians!

Partially as a result of this, maintenance costs and safety issues, in 1965 the Military Construction Program authorized a \$7 million, to build a 400-bed replacement structure. The facility was dedicated on the Dec. 9, 1967.

The structure, the one we know today, is built of steel and concrete, is air conditioned throughout the eight stories, and covers 234,932 square feet. It was originally dedicated with 400 beds, six operating rooms and a complete ICU and Cardio-Pulmonary unit. It was a marvel in its day having a central gas and vacuum systems, intercom systems, automatic tray conveyors and audio-visual nurse call system.

The new hospital was designed with a Sick Officers Ward and a Dependent Surgical and Medical Ward. Instead of one large waiting room for all patients, as in the old hospital, the new one originally had 12 separate waiting rooms. The new facility covered two acres and replaced 49 buildings, which were situated on 50 acres.

Most of the old building, which didn't burn, was demolished to make room for a 250-car parking lot. This new hospital was quite an improvement for the 140,000 eligible beneficiaries.

Naval Hospital, Jacksonville was built primarily to treat the service personnel of the Navy. However, the concept of space A care for dependents rapidly evolved into permanent care for their families. The first direct impact was the opening of the dependent's unit on Dec. 11, 1944.

The first baby born at the Naval Hospital occurred on the Dec. 12, 1944. Barbara (Johnson) A. Hennessy was the first person born at the newly opened Naval Hospital dependent's unit and later gave birth to her own son Peter William Hennessy, in the same hospital.

Subsequently, the hospital passed many milestones in the number of babies born here. One of the largest celebrations occurred when tiny Vicky Lynn Bernath was born on Jan. 11, 1961. She was the 21,000th baby born at Naval Hospital Jacksonville and touched off a huge celebration.

The 24,000 baby born occurred on Sept. 13, 1962 and 24 Crepe Myrtle trees were planted on the hospital grounds to commemorate the event.

On the more comical side, the story of the Kennedy/Nixon race was the most

peculiar. Tagged the Kennedy/Nixon race by the staff, the mothers arrived to the ward about the same time, but little Kennedy declared his candidacy at 08:30 a.m. July 1, 1960. Later, at 12:52 p.m., Nixon declared his candidacy. Neither of them offered much comment and there were no omen-readers around to interpret these phenomena. (For those who were not old enough to remember, John Kennedy won the presidential race that year).

Pride, not only in delivering babies, but also caring for them, was important at the Naval Hospital. In July 1959, owing to an 80 percent increase in pediatric visits to 162 children in one day, the Pediatric Ward moved out of the Family Hospital to its own 40 bed ward with isolation rooms. The new pediatric clinic, which was staffed with only two pediatricians, had 40,000 square feet of patient care space with separate physician offices, and four other exam rooms. In addition to the air-conditioned waiting room, it had it's own inoculation room and records room. There was also a Tuesday morning well baby clinic, which saw 50-60 new babies for routine examination.

The first heart surgery was done at Naval Hospital, Jacksonville on March 19, 1962. Randy Harvey, a seemingly normal boy, weighed only 32 pounds and could not keep up with his friends. On March 21, 1962, he underwent surgery to correct patent ductus arteriosus and left the hospital a week later a healthy boy.

To most people, the hospital is a structure designed to care for ill patients. However, it is the people who serve, treated and visit

Medical
Service Corps
Anniversary
Celebration

Tickets are on sale now for the annual Medical Service Corps (MSC) Anniversary Celebration to be held on Aug. 2 at the NAS Jacksonville Officer's Club. All current and former MSC officers and guests are invited to attend.

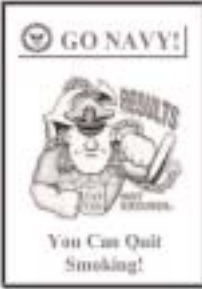
The guest speaker will be Capt. Richard Fletcher, most recently of NAVPERS.

Cost of tickets are: O1-O3 - \$30; O4 and above \$35 and may be purchased from L.t. J.g Spears - 542-9212.

The uniform will be dinner dress white jacket for O4 and above and dinner dress white or dinner dress white jacket for O3 and below. Civilian is black tie or formal business attire.

Cocktails begin at 6 p.m. with dinner at 7 p.m. The menu will include a choice of roast prime rib or Chicken Marsala. Music and dancing will follow.

An integral part of Navy medicine, the Medical Service Corps is a multi-disciplinary team of commissioned naval officers in clinical, scientific, and administrative specialties



U.S. Navy Photo

A patient ward in the original Naval Hospital Jacksonville complex.

HOSPITAL: Navy Hospital Jacksonville celebrates anniversary and looks to future

From Page 6

here who give life, meaning and history to this place. Famous visitors here included Miss USA, Sue Ann Downey, Jose Iturbi and his piano, Bob Hope, and actress Dawn Wells, who is better known as Ginger from *Gilligan's Island*.

Many heroes also came through Jacksonville, many on their way home from being prisoners of war. Included among them was Lt. Cmdr. John S. McCain who spent six years as prisoner of war in Vietnam. He arrived with seven other Navy Officers, all who had been prisoners of war.

Many went from loneliness to parades, speeches and living life. There were many other heroes who served here. Among them were a 21 year old (HM3) who received the Silver Star for heroism in Vietnam and another corpsman who left Naval Hospital Jacksonville and was killed only 11 days after arriving in Vietnam while trying to save his fellow Marines.

Other notables were Capt. E.C. Kenney MC USN, who later became Surgeon General, and Capt.

Joseph Hanner, who established the Shady Oaks Stables as part of the hospital, the Gator Scope and Gator Den, an outpatient nursery and an Operating Room Technicians School. Then there was Adm. Kauffman, who was the second deputy commanding officer of Navy Regional Medical Center (NAVREG MEDCEN) Jacksonville, whose motto was, "If you want to see me, just stand still!"

Aside from the famous are the people who make this hospital run. The hospital is staffed by physicians, nurses, corpsmen and civilians. Each of these groups has long and illustrious histories. Not to be forgotten are the volunteers including the Red Cross and the JANGO Guild,

which was a nurses aid training program. The hospital also has had an intern program since the beginning. The first female intern graduated in 1955. It later became a General Practice Program (1963) and then developed into the Family Practice Program (one of the first in the state) in early 1972.

The hospital is still growing, with plans for a new wing to be built on the front of the hospital by 2007. Who knows what the next 60 years will bring, but I am sure it will be interesting.

If anyone has any interesting stories or pictures about this hospital, please bring them by or call the Ear, Nose and Throat (ENT) Department at the Naval Hospital.



Naval Hospital Jacksonville
getting bigger, better

North Addition to Bldg. 2080

- Programmed for FY05 construction
- Currently in design phase with Rogers, Lovelock and Fritz, Inc. of Winter Park, FL
- \$28 million funded
- Five-story addition to include approximately 75,000 square feet
- Includes renovation of 43,000 in the existing tower

Planned floor usage

- 1st Floor – New main entrance, Gift Shop, Pharmacy, PT/OT, ENT
- 2nd Floor – Administrative Spaces/Command Suite
- 3rd Floor – Surgical Center
- 4th Floor – Interstitial/mechanical spaces
- 5th Floor – Labor, Delivery & Recovery and Postpartum (LDRP)
- Renovations in the existing tower include a new Intensive Care Unit (ICU) and Inpatient Pharmacy spaces

Renovated Galley



NAS Jacksonville Commanding Officer Capt. Mark Boensel (center) cuts the ribbon, officially reopening the galley for service on June 20.



Renovations to the NAS Jacksonville Galley dining room, which include new furniture and improved lighting, provide a comfortable setting for Sailors to relax while enjoying good meals.



MS3 Chris Morris updates the galley's electronic menu.



MS3 Kimberly Williams gets the dough ready for baking.

NAS Galley: Serving proudly

By JO1 Mike Jones
Assistant Editor

Patrons to the NAS Jacksonville Galley will notice a change. For the past few months, the galley has undergone extensive renovations to the dining area in an effort to make the Sailors' eating experiences there the best.

"This project means the Sailors have somewhere that's comparable to the civilian sector where they can come and enjoy their meals," said MSC(SW/AW) Allen Johnson.

New lighting fixtures as well as a new look which includes new seating, translates to a brighter, more relaxed dining atmosphere, Johnson added.

"We want this to be the place where Sailors can come in after work, relax and have a good eating experience," he said.

The challenge of renovating the galley's interior, while continuing to provide service was met with the same level of pride and professionalism one should expect from this facility, Johnson said.

"We had one whole side of the galley closed off at one point and ran the entire service from the other side, during the

renovations," he said. "We all came together and pulled this project off."

Approximately 60 Sailors work at the galley, augmented with a civilian staff to provide over 10,000 meals a month to the Sailors of NAS Jacksonville.

"These folks work very hard daily to provide this outstanding service," Johnson pointed out. "We want the galley to serve as a morale booster here, and the quality of service the staff here provides helps to ensure that."

Approximately 20 staffed Mess Management Specialists (MS) are divided into port and starboard watches. They divide the days and fill the roles as watch captain, assistant watch captain, and cooks on watch.

There are three permanent job roles as, speedline personnel, bakeshop staff, and vegetable prep staff.

There are also staffed civilians who serve, re-stock containers, and clean cooking grills. The Speedline is designed to make the meals quick and easy for Sailors on the go. Hamburgers and hot dogs usually fill the meal bins at the Speedline.

There is the Mainline for Sailors who

See GALLEY, Page 9



MS3 Matt Stojic assembles toppings for boxed lunches.

Renovated Galley



Assistant Watch Captain MS2 Estela Cummings reviews recipe conversions.



MS3 Ruth Nash prepares to bake a batch of rolls.



(From left) MSSN Angel Peckham and MS3 Daniel Jalove prepare boxed lunches for the NAS Jax-based squadrons.

GALLEY: Providing troops with hot meals

From Page 8

desire a cuisine. Boxed meals are available with a three-hour advance request. Two salad bars are set up on each side of the serving lines. There are televisions set up viewing pleasure while dining also.

Sanitary guidelines are closely adhered to when preparing food, as well as delivering the meals as ordered through a food guide. Meal-measuring cards are used and followed to avoid any overuse of ingredients or food disasters.

Constantly under inspections for satisfactory sanitary conditions, maintaining a clean work environment is imperative to the galley.

The menu is put together weeks in advance with a strong focus on nutritional value. "Our menu review board meets once a month to go over items slated to appear," Johnson explained. "It's at these meetings where customer input is considered for what will appear on the menu," he added.

Breakfast is served Mondays through Fridays, beginning at 6 a.m.; lunch starts at 11 a.m.; and dinner is from 4:30 p.m. until 6 p.m. Weekends adhere to a holiday routine schedule.

For more information, call the galley at 542-3854 or visit www.nasjax.navy.mil/jaxairnews for the Galley menu.



Cathy Mims gets the condiment bar ready for the lunch crowd.

Photos by
JO1 Mike Jones



MSSN Brandon Robinson (left) and MSSA Samuel Ortiz get the barbecue chicken ready for cooking.



MS3 Shaqanta Williams and MS3 Jacelyne Augustin cook hot dogs at the NAS Galley Speedline.



MSSA Samuel Ortiz (right) ensures the food is properly cooked.

Townsend retires after 20 years of service

From FACSFAC Jax

On June 20, OSC Daniel Townsend of Fleet Area Control and Surveillance Facility (FACSFAC) Jacksonville retired from the Navy following 20 years of faithful service.

Townsend, a native of Mississippi began his naval career in 1983. His first tour of duty was aboard the nuclear-powered, guided missile cruiser, USS Mississippi for five years. After two consecutive shore tours in Guantanamo Bay, Cuba, and Meridian, Miss., he reported on board USS Wasp in 1994. Following his second sea tour, he reported to the Commander-in-

Chief, U.S. Atlantic Fleet Control in Norfolk, Va., where he served until early 1998. His final sea tour was aboard the guided-missile cruiser, USS Thomas S. Gates.

On Aug. 4, 2000, he reported to FACS-FAC Jax where he was the leading chief petty officer of the FACSFAC division known as Targets. In his spare time, Townsend is known for being an avid golfer. He also coaches girl's fast-pitch softball for the Belmed Athletic Association.

He and his wife, Michael Ann, and daughter, Dallas, will reside in Jacksonville.

Lt. j.g. Brandon Griffiths prepares a wagon full of gifts to be given to the children at Wolfson Children's Hospital during a recent visit by VP-16.



Photo by JO2(SW) Cliff Williams

VP-16: Caps for Kids brings smiles

From Page 3

The impact of the Navy into any community provides a positive outlook. "My goal when I was putting this project together was to put a smile on a child's face and help them, if even for a second, to forget about their ailments," explained VP-16 Public Affairs Officer, Lt. j.g. Brandon Griffiths.

"I heard about Caps for Kids through a letter that was sent to me by CPRW-11. The wing asked for some of our caps and shirts so they could send a representative to pass them out. I thought it would be better to put a face with the shirt and caps," he continued.

"Our squadron decided to run the project ourselves. There is nothing like watching a man or woman who turns wrenches at work, sits behind an admin desk, or performs aircrew duties as they transform themselves when they walk into the hospital. With these kind of volunteering occasions, you really get to see a side of them you would never see on the flight line and

that is a reward in itself," said Griffiths.

The shirts and caps were paid for solely by donations from the War Eagles.

Every Sailor who came into contact with a child, genuinely had a smile on their face, happy to do their little part in making a child's day that much brighter.

"It's always good just to make a child smile," explained VP-16 Command Volunteer Coordinator PN2 Lafayette Bonner. "I think it's just a good thing to do instead of sitting around, you might as well use your time for something helpful."

"I think it's awesome to get out and interact with the children. It's just great to see the smiles and happiness of the children and the families," said VP-16 CMDCM Dennis Green. "We plan on to keep this as an ongoing project."

The squadron members also spend many hours working in the community by helping out their adopted school, Middleburg Elementary. They are also planning to participate in a Habitat for Humanity of Jacksonville project in the near future.

THE DENTIST PL/MARKET PL; 3c; 4.75"; Black Only;

Reenlisting airborne



Photo courtesy of VP-5

Patrol Plane Commander Lt. Scott Thomas of VP-5 performs a reenlistment ceremony on board a P-3C aircraft for Petty Officer Second Class Paul Andruzzi. The ceremony was performed while on a mission over Iraq during Operation Iraqi Freedom.



ARMED FORCES COMMUNICATIONS; 3c; 10"; Black Only; PU 6/12 R014763

ARMED FORCES COMMUNICATIONS; 6c; 3"; Black Only;



Photo by Kaylee LaRocque
Fitness Center patrons work-out in the new free weight room which opened Monday afternoon.

FITNESS CENTER: Re-opening ceremony celebrates renovations

From Page 1

asked for and requested so much and changed my mind so many times and they accommodated every one of our needs. I really would like to thank Neal Donley who oversaw the project. He provided service with a smile and is such a patient man. This company is so professional and did so much more than was required to make our Fitness Center what it is today," exclaimed Millhollan, gratefully.

In the near future, another upgrade to the computer systems will make things even more efficient.

"Right now we are signing our customers in manually, but next month we plan to upgrade our computers and use photo

identification as they walk in," Millhollan said.

Millhollan would also like to stress one important fact: "Both the Fitness Center and gym are facilities for our Sailors. They need to take ownership in them and help take care of them. The rules are enforced to ensure the equipment is kept in good working condition and clean for people to use. Please return things loaned out, especially the towels because when you take items, you are only stealing from yourselves."

The Fitness Center and gym are free to all military members, their families and DoD civilians. For more information, call the Fitness Center at 542-3518 or the Base Gym at 542-3239.

Hunting classes being offered starting Saturday

The Florida Fish and Wildlife Commission is offering a hunter education course July 12, 19 and 26 from 1-7 p.m. at Hangar 1000 at NAS Jax. The course is free and includes the required orientation from the NAS Jax game warden to hunt on federal lands. Pre-registration is required by calling (352) 625-2804.



Fleet Seminar Program offered

The Naval War College's (NWC) College of Distance Learning is again offering its Fleet Seminar Program in the Jacksonville area.

This academic year (August 2003-April 2004), the Joint Maritime Operations Course will be offered at NAS Jacksonville and the Strategy and Policy Course will be offered at NS Mayport.

This highly-acclaimed program closely parallels the course of study followed by students at the College of Naval Command in Newport R.I.

The three-hour classes are held one night a week for 34 weeks. Seminars are led by adjunct faculty members from the

local area.

Students can earn a NWC diploma, JPME Phase I credit and up to 21 graduate credit hours. All books and materials are provided on a loan basis and there is no tuition charge.

Enrollment is open to all Navy, Marine Corps or Coast Guard member 03 and above, Army and Air Force 04 or above and Department of Defense GS-11 or above. All applicants must have a baccalaureate degree.

Applications must be submitted by July 15. To obtain an application, go online to CDE.NWC.navy.mil. For more information, call Lt. Cmdr. Michael Varias at 542-2211 or Professor Dave Fay at 779-6077.

FFSC offers educational and support programs

The NAS Jacksonville Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free and available to service members and their families, and civilian personnel here.

Pre-registration is

required. Call 542-2766, Ext. 127 to register.

The following workshops are available in July:

July 14-17, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retirement)
July 15, 9-11 a.m. - What About The Kids?
July 16, 9-11 a.m. - Debt Management
July 16, 6-8:30 p.m. - Budget for Baby Workshop
July 18, 9-11 a.m. - Federal

Employment (for spouses)
July 23, 9:30 a.m. - noon - Time Management
July 24, 8-11 a.m. - Anger Control Workshop
July 24, 9 a.m. - noon - Florida Family Law Information Seminar
July 24, 6:30-9 p.m. - Ombudsman Assembly
July 29, 9 a.m. - 4 p.m. - Stress Management Workshop
July 31, 8 a.m. - noon - Divorce Adjustment

Marines return home



Cpl. Raul Rodriguez holds his daughter, Salina for the first time in five months.

Guidon Bearer Lance Cpl. Paul Imhoff proudly displays the company's flag as the unit stands in formation awaiting their dismissal.

Anticipation was mounting as the "Iron Gators" made their way out of the chartered aircraft and saw their families waiting for their return.



Photos by Ryan Adrick



Family and friends anxiously await the return of the 4th Assault Amphibian Battalion Marines who came home from duty in Iraq last Thursday morning.

HELPING HANDS

Beaches Fine Arts Series Triathlon

The Beaches Fine Arts Series, Inc. provides performing and visual arts free to the public in addition to educational outreach programs in area schools that reinforce the value of art and music to the students. Triathlon volunteers direct traffic to assure the safety of the competitors or assist with set up, registration, water/food distribution, race timing, takedown and more. Minimum age is 13. The next triathlon is July 12. Call Allison Jones at 543-9829 or 270-2074 for details.

BellSouth Greater Jacksonville Kingfish Tournament

This tournament will be held July 14-19 at

Sisters Creek Park, 8205 Heckscher Drive. Volunteers are needed to assist with answering calls, site set-up, selling merchandise and beverages, weighing fish, checking out boats, and delivering ice and supplies to tents. For more information, call Sandy Lancaster 350-3230 or 291-7651.

Toast to the Animals Wine Tasting

Come out July 25 to benefit the animals at the Jacksonville Humane Society. Help is needed with the silent auction and registration. Call Chris Whitney at 725-8766, Ext. 206.

Teacher's Supply Depot needs help

The Duval County School's Teacher's

Supply Depot is holding a back-to-school giveaway July 28 from 9 a.m. to 1 p.m. Forty Navy volunteers are needed to help with this event. Taskings include sorting items, loading cars and restocking shelves. For more information, call 542-2766, Ext. 130.

Clean-up project slated

A clean-up project is planned at Sadie T. Tillis Elementary School Aug. 1 from 8 a.m. to noon. The school has been adopted by the NAS Jax Volunteer Service Council as the base Personal Excellence Partner for the 2003-2004 school year. All commands and departments are asked to support this endeavor and other volunteer projects sponsored throughout the year. Lawn equipment, edgers, clippers and lawn mowers are needed. To sign up, call AEC Violenus-Ellis at 542-3526, Ext. 441.

COMMUNITY CALENDAR

The Navy Wives Clubs of America, NWCA Jax No. 86 meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

The Navy Wives Club's DID No. 300 meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

MOMS Club of Northeast Florida meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30-9 p.m. every Tuesday night. For more information call 542-3051.

Association of Aviation Ordnancemen's meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For more information, call AOC Chris Johnson at 542-2168 or AOCs Erick Parmley at 542-8589.

The National Naval Officers Association (NNOA) holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcom-bic.usmc.mil.

The Ladies Auxiliary of the Fleet Reserve Association regular meeting will be held today at the Fleet Reserve Hall, 7673 Blanding Blvd. at 10 a.m. The speaker will

address the meeting on how to prepare for the coming hurricane season. Guest are invited to hear this well qualified person and how to protect themselves during the upcoming season. For more information contact the publicity chairman at (904) 771-2936

Branch 126, Fleet Reserve Association's regular monthly meeting will be held tonight at the Branch Home, 7673 Blanding Blvd at 8 p.m. All active duty and retired enlisted personnel of the Navy, Marine Corps and Coast Guard; and enlisted Reserve Personnel are invited to join Branch 126 and attend the meetings.

The U.S. Naval Academy Alumni Association is hosting a luncheon meeting July 16 at noon at the River City Brewing Company. The guest speaker will be Chet Gladchuk, athletic director of the U.S. Naval Academy. The cost is \$22 per person.

The Military Officers Association of America will hold their monthly meeting July 16 at 6 p.m. at the River Cove Officer's Club. The guest speaker will be Rear Adm. Annette E. Brown, commander, Navy Region Southeast. For reservations, call Campbell McCarthy at 541-0060.

The Jacksonville Genealogical Society meeting will be held July 19 at 1:30 p.m. at the Webb-Wesconnett Library, 6887 103rd Street. For more information, call Mary Chauncey at 781-9300.

The U.S. Coast Guard Auxiliary (Flotilla 14-8) is sponsoring a one-day Boating Safety program July 26 from 7:30 a.m. to 5 p.m. at Mandarin High School. The cost is \$20 per person. For more information, call Bob Strong at 721-1346.

The Retired Activities Office (RAO) is offering a retiree seminar Sept. 13 from 9 a.m. to 2:30 p.m. at the NAS Jax River Cove Officer's Club. Presentations will cover pay matters, Survivor Benefit Plan, Tricare for Life, Long Term Care, Tricare pharmacy benefits, PSD benefits, hospital benefits and a spouse workshop. For more information, call 542-2766, Ext. 126.

USS Iwo Jima (LPH2/LHD 7) will hold their annual reunion Oct. 16-19 in Norfolk, Va. For more information, call Robert McAnnally at (866) 237-3137 or email yujack@megalink.net.

VF-22 Korean War veterans will return to Jacksonville/Orange Park for a 50th anniversary reunion at the Holiday Inn Orange Park on Oct 21-22. For more information, contact Jack Bailey at 757-340-5922 or email charlieson@msn.com.

The annual VP-24 Reunion is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email djhdestin@cox.net.

Mulberry Cove Marina sponsors trivia contest

From MWR

The NAS Jax MWR Mulberry Cove Marina is sponsoring their first Extraneous Trivia Contest.

This contest is open to active duty members only. Answer the questions listed below and turn them in to Mulberry Cove Marina located on Ranger Road. The entries with the most number of correct answers will advance to the drawing. The drawing for the grand prize and second place prize will be held on National Ice Cream Sandwich Day, Aug. 2 at 11:37 a.m. at the marina. Ice cream sandwiches will be half-price at that day, while quantities last. You, or a designated representative,

must be present at the drawing to win.

The grand prize package includes a Mitchell 298 Alu spinning reel, two spools of Berkley Ironsilk 14-pound test line, six packs of Berkley Artificial Bait, a Nomad golf putter, and 12 Callaway CBU golf balls. The total prize value is \$250.

The second place prize package includes a Fenwick Seahawk spinning rod, two spools of Berkley Ironsilk 14 pound test line, a bottle of Berkley Power Bait saltwater attractant, a free one-day 15' Boston whaler rental (Florida Boater Safety Card required), and a Page & Tuttle golf shirt. The total prize value is \$175.

The following is the quiz:

What color is the shank of the large anchor in front of the flagpole at MWR Mulberry Cove Marina? _____

What date was NAS Jacksonville officially commissioned? _____

How many computers does Liberty Cove have in the Single Sailor area? _____

Prior to the commissioning of NAS Jacksonville, a commander was the first pilot to land on the unfinished runway at NAS Jacksonville. What model and type of aircraft did he fly? _____

What are the names of the two pigs located on top of the drink coolers in the MWR Mulberry Cove Marina store? _____ & _____

How many putters are hanging on the wall at Mulligan's? _____

In the Jax Air News, how wide is the title "MWR Notes," rounded to the nearest inch? _____

What famous golfer pictured in the MWR Golf Pro Shop is the only individual to win the grand slam of professional golf? _____

Isaac Newton's Third Law of Motion is one of the most important laws governing aircraft flight. In 12 words or less, what is this law? _____

How many red and white stars are on the Jax Air News front page banner? _____

NAME: _____

RANK: _____

MWR NOTES

Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

Mark your calendar - Jaguars tickets go on sale July 16 from 9-11 a.m. Tickets are \$47.90 for lower level seats. Come out and meet two of The Roar cheerleaders. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8.

The inaugural season of Carnival's Miracle sets sail from Jacksonville beginning in March 2004. Special group costs include round trip bus transportation from NAS Jacksonville to the port, cruise fare and all port fees and taxes. Seats are booking quickly, so sign up today.

The following are upcoming I.T.T. trips:

July 19 - Mt. Dora shopping extravaganza. Antique shop till you drop for only \$12.25.

July 26 - Jekyll Island Historic Tour or Summer Waves. Take the historic tour which includes a guided trolley tour for \$21.50 or spend the day at Summer Waves. Transportation and Summer Waves admission is \$23.50 for adults and \$19.50 for children under 48-inches.

Mailing schedule for advance child tax credit payments

From the Internal Revenue Service

The Treasury Department will begin mailing checks for the advance payment of the increased Child Tax Credit on July 25, with most checks mailed by Aug. 8.

These will cover eligible taxpayers who filed their

NAS Jax Golf Club happenings

A golf and lunch special is being offered for \$19 weekdays after noon and weekends and holidays after 3 p.m. This special ends Aug. 31.

Players are entitled to 18-holes, cart, green fees and one lunch menu item. For more details stop in the Pro Shop or call 542- 3249.

Aquatics Department taking reservations

The Outdoor Pool is now open for the summer season. The hours are 11 a.m. – 6 p.m. daily.

The Aquatics Department staff members are now taking reservations for private parties at the outdoor pool.

The Aquatics staff is eager to help you get you fit. Join them for an aqua aerobics class, Monday - Thursday from 11 a.m. to noon, or Monday, Wednesday, and Friday from 4:30-5:30 p.m. and again from 5:30-6 p.m. There is still time to enroll in May swimming classes. Registration is open for all levels. Please contact the Aquatics Department at 542-2930.

The Heritage Cottages

MWR's new Heritage Cottages are now open for only \$60 a night. These cottages make for a great vacation home away from home. They are fully-furnished with plenty of space. Make your reservation now by calling 542-3138/3139.

Veterinary Treatment Facility

Due to vendor price increases, the Veterinary Treatment Facility has been forced to increase prices. We still have the lowest prices around.

The NAS Jax Veterinary Treatment Facility is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. – 4 p.m. It is closed on legal holidays. Pets are seen by appointment only. Appointments may be made in person or by calling 542-3786.

The clinic is limited to services permitted by regulations. These include vaccinations, heartworm testing, fecal testing and minor treatment of the eyes, ears, and skin on an out-patient basis. Heartworm and flea prevention products are available for purchase at the clinic during regular business hours.

Mulberry Cove Marina news

For the month of June, purchase a rod and reel or rod/reel combo and receive two free packs of artificial bait, your choice of colors.

Are fuel prices emptying your wallet? Take advantage of free gas this summer when you rent a 40-hp pontoon boat, whaler, bass boat, 10-hp stump knocker, or Yamaha jet skis.

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this renowned boating activity. After you've completed your class, the marina has sailboats for

rent.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

Liberty happenings

If adventures and challenges are your cup of tea, then join the crew at Liberty Cove Recreation Center for some real excitement this month. Shipmates get on board for a great week of fun with your Liberty staff.

Liberty Cove is selling Luau tickets at reduced price for single Sailors.

Tonight - We're stopping for a pizza buffet on the way to NS Mayport for the billiard tournament. The Liberty van leaves at

4:30 p.m.

Saturday - AMC Theatre Movie Night. The van leaves at 6:30 p.m. and seating is limited. This is free for active duty only. Sign-up at 4 p.m. the day of event.

July 15 – We're going to laugh it up at GiGi's Comedy Zone. This trip is for active duty only and you must be 21 or older. The Liberty van leaves at 7:30 p.m.

July 16 – We're having a Jason Street Block party at the Budweiser Brewhouse. The party starts at 3 p.m. with a band and DJ Marc. Discount tickets are available for E1 through E5 at the Recreation Center.

July 17 – Join us at the NAS Jax Golf Course to get golf instruction and play nine holes of golf. Learn how to play the game or improve on your swing. It's \$7.50 per person.

July 21 - We taking you out to the ballgame! Join us in box seats at the Jax Sun's new stadium. The van leaves at 5:30 p.m. for active duty only. The cost is \$3.

For more information on our events, call 542-3491/1335.

NAS Freedom Lanes offers great deals

This summer enjoy some bowling fun. Each weekday this month through August, patrons can enjoy three games of bowling (including shoes) or two games, shoes and a hotdog and small drink for only \$6 from 11 a.m. to 4 p.m.

Active duty Sailors take advantage of free bowling on Wednesdays from open to

close. Call the center for event schedules at 542-3493.

Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Monday evenings we have indoor soccer from 6:15-8:15 p.m.

Dance classes and Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water)

Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

Tomorrow, 7 p.m. - X-Men 2 (PG-13)

July 18, 7 p.m. – Bringing Down The House

July 19, 5 p.m. – What a Girl Wants

July 19, 7 p.m. – Dream Catcher

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtgt@nasjax.navy.mil.

Naval Hospital chaplains offer grief support

Naval Hospital Jacksonville will offer a Grief Reconciliation Group for persons who have recently lost a loved one. A seven-session course will begin in August.

The day and time will be determined by the group participants.

This group is designed to assist with emotional and spiritual healing.

If you have lost a loved one and would like to participate or need more information, please call Chaplain Beede at 542-7531.

WINN-DIXIE, INC.; 3c; 11"; Black Only;

5 STAR AUTOMOTIVE; 3c; 10.75"; Black Only; PU 5/29 R021000

SPORTS AND STANDINGS

Softball tryouts being held next week

Softball tryouts for the All-Navy Women's Softball Team will be held July 17 from 10 a.m. to 1 p.m. at McCaffrey Field for all active-duty women.

Anyone interested must obtain an application from Charles Leiter at the base gym. For more information, call 542-3239.

Fall volleyball meeting for those interested

There will be a meeting for anyone interested in participating in intramural fall volleyball July 23, at 11:30 a.m. in the MWR conference room at Building 590.

The Intramural Fall Volleyball League is open to all NAS Jax active duty personnel only.

Intramural Golf Freedom League Standings

| Team | Wins | Losses | Ties |
|--------------------|------|--------|------|
| AIMD Albatross | 3 | 0 | 0 |
| AIMD Khaki | 2 | 0 | 0 |
| VP-16 | 2 | 0 | 0 |
| WING 11 "A" | 1 | 1 | 0 |
| Navy Band | 1 | 1 | 0 |
| ASTC | 1 | 2 | 0 |
| NAMTra 1011 | 1 | 2 | 0 |
| Navy Hosp | 1 | 2 | 0 |
| VS-22 Checkmates B | 1 | 2 | 0 |
| SERCC | 1 | 2 | 0 |
| GEMD | 0 | 2 | 0 |

Intramural Golf Liberty League Standings

| Team | Wins | Losses | Ties |
|--------|------|--------|------|
| FASFAC | 3 | 0 | 0 |
| CSCWL | 3 | 0 | 0 |

Sports officials and scorekeepers needed

The North Florida Military Officials Association is looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball. Experience is not required. If interested, contact Al Vandercar at 282-0809.

Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of

America) races and your time must be one of top 10 regional qualifying times.

If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional qualifying times:

| | | |
|--|------------|-------------|
| 5K | Men 19:00 | Women 24:00 |
| 10K | Men 34:00 | Women 46:00 |
| Marathon | Men 3H 30M | Women 4H |
| Triathlon | Men 2H 30M | Women 3H |
| Triathlon time based on 1.5k swim, 10k run, 40k bike | | |

For more information about any of the sports articles, call 542-2930/3239. Visit the MWR website at www.nasjax.navy.mil

| | | | |
|-------------|---|---|---|
| VR-58 | 2 | 1 | 0 |
| VP-62 | 2 | 1 | 0 |
| REDCOM | 2 | 1 | 0 |
| Wing 11 "B" | 1 | 1 | 0 |
| AIMD SE | 1 | 1 | 0 |
| FASO | 1 | 2 | 0 |
| NAMTra | 0 | 1 | 0 |
| VS-22 "A" | 0 | 3 | 0 |
| NADEP | 0 | 3 | 0 |

Sand Volleyball Standings As of July 3

| Team | Wins | Losses |
|----------------|------|--------|
| ASTC | 3 | 0 |
| VR-58 | 3 | 1 |
| VS-31 | 2 | 1 |
| NMCRC | 1 | 1 |
| PSD Sanddogs | 1 | 3 |
| VP-62- Dropped | 0 | 4 |



Arrange your move online

Any place, any time

www.smartwebmove.navysup.navy.mil

Access to SMARTWebMove available at:

NAS JACKSONVILLE FL

Liberty Center, Building 816

NS MAYPORT FL

Planet Mayport, Building 46

Beachside Community Center, Building 245

Library, Building 460

NSB KINGS BAY GA

Liberty Center, Building 1039



JAX TALES

By MIKE JONES

WWW.RICKYS TOUR.COM



FARAH & FARAH, P.A.; 3c; 10.75"; Other Color;

ARMED FORCES COMMUNICATIONS; 3c; 13"; Other Color;